

# PERTH BASKETBALL ASSOCIATION

## INTRODUCTION TO COACHING BASKETBALL

DOMESTIC COACHES HANDBOOK





# **INTRODUCTION TO COACHING BASKETBALL**

This booklet is designed to introduce the first time basketball coach to coaching the sport of basketball.

The information in the booklet has been put into four areas:

## **1. TERMINOLOGY, BASIC RULES, COURT MARKINGS**

1. Basketball Terms
2. Basic Rules of Basketball
3. Basketball Court Markings

## **2. TEACHING BASKETBALL**

1. Footwork and Body Movement (change of direction, running, pivots, stops and starts)
2. Triple threat
3. Passing
4. Catching
5. Jump Shots
6. Lay Up Shots
7. Defensive Stance and Footwork
8. Team Offence and Defence

## **3. GAME STRATEGY**

1. Commonly Asked Questions

## **4. TRAINING SESSIONS**

1. Planning a Training Session
2. Equipment
3. Drills

# SECTION 1

## TERMS AND RULES

### GLOSSARY OF BASKETBALL TERMS

Term	Description
Defensive Stance	A low, wide, balanced stance used when playing defence
Dribbling	Bouncing the basketball with one hand
Drive	A quick dribble towards the basket in an effort to score
Double Dribble	A violation where a player dribbles the ball twice or with two hands
Fake	A move to make your opponent react
Fast Break	Quick offensive play with full court action
Field Goal	A made basket during live play
Flash Cut	When a player makes a cut towards the ball through the key area
Forward	A playing position and usually the taller players on the team
Free Throw	Shots awarded to a player from the free throw line after a shooting foul is called
Free Throw Line	The line from where a free throw is taken

Term	Description
Guard	<ol style="list-style-type: none"> <li>1. A playing position and usually the smaller players who handle the ball</li> <li>2. To "guard" a player is to defend them</li> </ol>
Get Back	Transfer quickly from offence to defence; sprint back and locate the ball and the player you are guarding
Inbounds Pass	A pass from the outside of the court to a player on court (from side or end)
Jump Ball	Where two opposing players jump for the ball thrown up by the referee
Jump Shot	Where a player shoots the ball with a rhythm jumping action
Jump Stop	Where a player stops by landing with both feet at the same time
Key	The area from the circle to the baseline at either end of the court
Lay Up	A short shot taken at the basket while in a movement towards it
Man to Man	To find a player to defend in man to man
Offense	<ol style="list-style-type: none"> <li>1. When your team has possession of the ball</li> <li>2. Movement or structure a team may play when in possession of the ball</li> </ol>
Officials	Referees and score table are included in the game's officials



Term	Description
Out of Bounds	The area outside of the court markings
Overhead Pass	A two handed pass thrown from above the head
Personal Foul	Infringement of the contact rules of the game
Penetration	When the ball is penetrated into the key by dribble (or pass)
Pivot	A player turning with one foot remaining in one place
Point Guard	A playing position and primary ball handler for the team
Post	An offensive player playing in a position close to the basket
Press	To extend the defence full court
Rebound	To gain possession after the missed shot
Screen	A legal play where an offensive team mate will block the defence
Square Up	When a player faces the basket on receiving the ball
Steal	To gain possession while in defence by intercepting a pass or dribble

Term	Description
Stride Stop	Where a player stops with one foot at a time
Substitution	Interchange of players from the bench to the court
Technical Foul	A foul called on a player or coach for unsportsmanlike behaviour
3 Second Rule	An offensive player may not stand in the key for more than 3 seconds
3 Point Line	A line on the court where successful field goals shot and made behind are awarded 3 points
Throw In	Inbounds pass
Travel	When a player with the ball moves without dribbling
Triple Threat	Stance after the ball is caught ready to pass, shoot or dribble
Violation	An infringement of the rules
V Cut	A movement of an offensive player to get open to receive the ball
Zone	A type of defence where players guard an area



## BASIC RULES OF BASKETBALL

Rules	Description
Travel	To run or move without bouncing (dribbling) the ball or to move the "pivot" foot without bouncing the ball
Double Dribble	<ol style="list-style-type: none"> <li>1. Once a dribble has been picked up a player may not start to dribble again</li> <li>2. To bounce the ball (dribble) with both hands or in a manner that has both hands touching the ball at the same time</li> </ol>
Out of Bounds	Simply, when the ball goes out of the court of play. The team last to touch the ball will lose possession
Foul	A foul is called on a player after illegal contact with an opposing player. A player fouled in the act of shooting will be awarded two free throws (or one free throw if the shot is made)
3 Second Rule	A player may only be in the offensive end key area for 3 seconds at a time. (This rule is often modified or relaxed for beginners)
Jump Ball	A jump ball starts the game
Alternating Possession	Alternating possession will occur when two players from opposing teams grasp and tug at the ball for possession. Possession from the sideline is awarded alternately to each team
Team Fouls	A team may be given 8 team fouls in each half (or 4 in each quarter). Each foul after the 8 the opposing team will be given two free throws. (This rule is often modified for beginners)
Personal Fouls	Each player is allowed 5 personal fouls in each game. After any player reaches their 5 <sup>th</sup> personal foul, that player may not take any further part in that game. (Fouled Out)

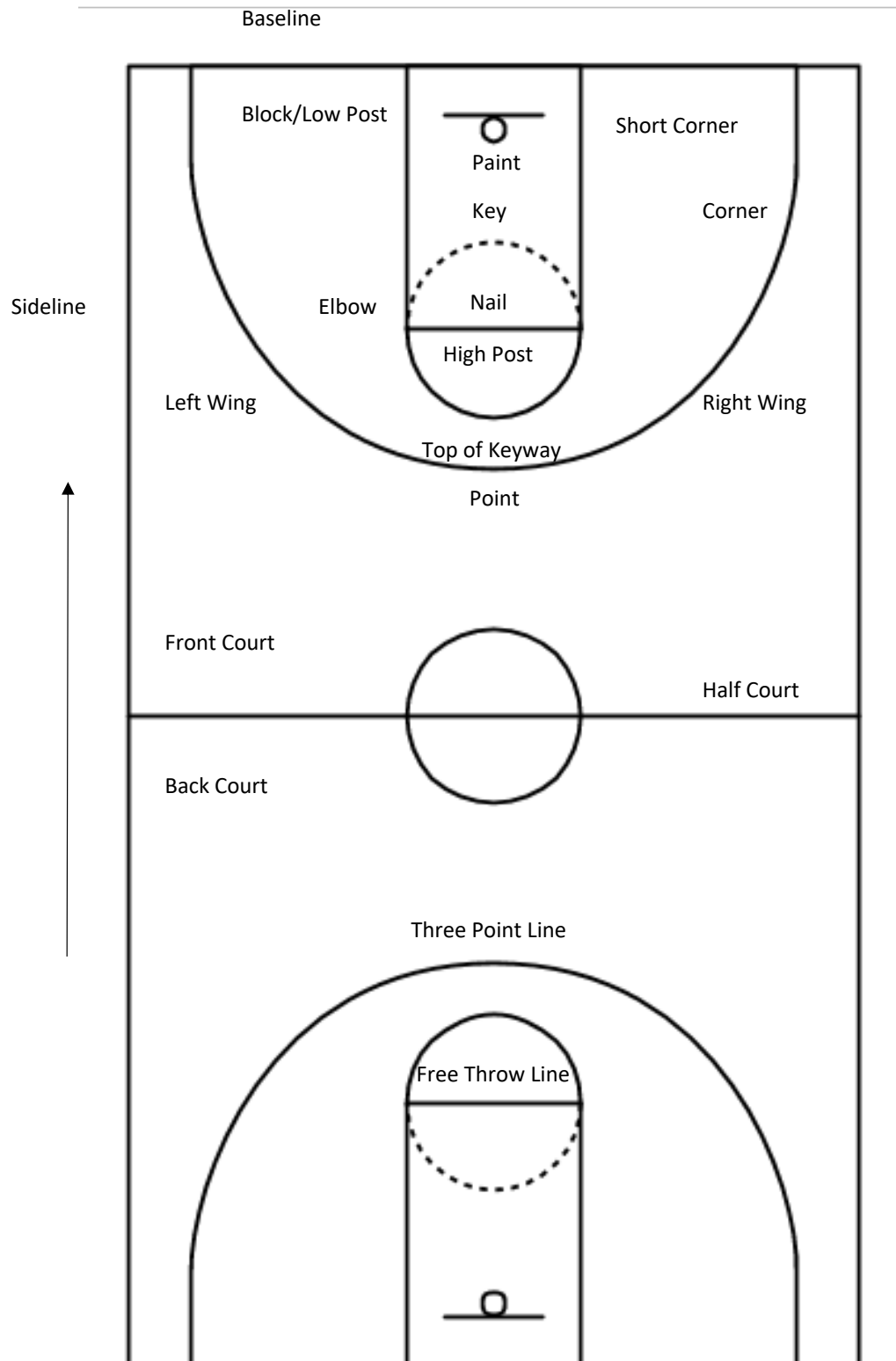
## FACTS ABOUT CHILDREN

- Children respond positively to encouragement and a healthy relationship with their coach
- Children enjoy variety and being with their friends
- Children learn at different rates and have different needs
- Children can conceptualise movement
- Children need to learn new skills and acquire them at different rates
- Children can learn from each other
- Children learn specifically what you teach them





# BASIC COURT MARKINGS



# **SECTION 2**

## **TEACHING BASKETBALL**

### **FOOTWORK and BODY MOVEMENT**

All players need to be taught to move and control their bodies. These movements are basic tools and need to be taught so that players move effectively and efficiently.

Teach the following:

- Change of direction and change of pace running
- Starts & stops
  - Two foot jump stop with feet shoulder width apart, knees bent in a balanced stance
  - Stride stop with one foot contacting the floor first, then the other
- Pivots (forward & reverse)
  - A low, wide, balanced stance is required when pivoting. Stay in your stance. The pivot foot must keep contact with the floor. The other foot may be moved around in either direction. Good balance and vision is essential



## **TRIPLE THREAT AND READY POSITION**

Players should be taught to get in this position after they catch the ball. This basketball ready stance allows the player to be in a triple threat position, in that they are ready to pass, shoot or dribble. The dribble should be encouraged to be used as the last option. The players need to learn to be tough and confident with the ball.

Teach the following:

- Triple threat and ready position versus a defender
- Pivoting versus a defender

### **Triple Threat Position**



- Ball held at the hip with two hands - Touching the top of the thigh
- Strongest/Dominant foot out in front
- Knees bent - to help quick movement

## DRIBBLING

Players should become efficient at dribbling the ball with either hand. The dribbler should be in a knees bent stance with their head up to see the floor. The ball should be dribbled below the level of the waist and with the hand furthest away from the defender. Do not bat or slap the ball with your palm, instead push the ball to the floor with your wrists and spread fingertips, using a follow-thru action. The dribble should be used to advance the ball up the court, improve the passing angle or driving to the basket. Players need to learn to go somewhere with the dribble and to be quick from the dribble to the pass or shot.

Teach the following:

- Stationary dribble
- Open court control and speed dribble
- Crossover dribble
- Change of speed with stops and starts





## **PASSING**

Passes should be made from the triple threat position. The passer needs to hold the ball with spread fingers on each side of the ball with thumbs in line with each other. The passer should step and push the ball forward, snapping the wrists and passing to your team mates hands. The passing action should finish with thumbs pointing towards the floor and fingers to the target. Players should learn to make hand to hand passes away from the defence; Players should also learn to fake a pass to make a pass.

Teach the following:

- Chest pass to standing target
- Chest pass to moving target
- Bounce pass to a standing target (bounce should be 2/3 the distance to the receiver)
- Bounce pass to a moving target (bounce should be 2/3 the distance to the receiver)
- Overhead pass to a standing target (ball is passed from above the head in an upright position)
- Overhead pass to a moving target (ball is passed from above the head in an upright position)
- Passing from the dribble with both sides of the body

"A good pass leads to a good shot, a good shot leads to points!"



## CATCHING

When catching a pass the receiver needs to have their eyes on the ball and showing a target to the passer. The receiver needs to catch the ball with two hands and get in a triple threat position after catching the ball.

Teach the following:

- Catch the ball standing
- Catch the ball moving with a v-cut or influence action



## **JUMP SHOTS (BEEF APPROACH)**

B – Balance

E – Elbow

E – Eyes

F – Follow thru

To shoot, players should have their feet pointed at the basket and have the ball in the ready position. Feet should be shoulder width apart with the dominant foot slightly forward (shooting hand). Knees should be bent with the player in a low stance. Balance is crucial – weight should be evenly distributed between both feet. The shooting hand should be placed under the ball with the fingers spread and the palm off the ball. The non-shooting hand is placed on the side of the ball as a guide. The elbow and forearm should be in line with the basket and the lead foot. The eyes should be focused on the target during the shot and during the flight of the ball. Sight the target by looking over the ball and shoot the ball looking under the ball. The follow thru should be with a relaxed wrist and with a “waving good bye to the ball” action.



Teach the following:

- Jump shots
- Shooting from a pass (catch & shoot)
- Shooting from a dribble (off the dribble)
- Free throws



## LAY UPS

Players should learn to lay the ball up from both sides of the basket. The ball is shot off the opposite foot (i.e. right hand lay-up, you jump off the left foot). The ball side knee is brought high. The eyes should be on the target. Bring the ball up with both hands until reaching into the shot, then the non-shooting hand is used for protection against the defence. The ball is released against the backboard. Head should be up with eyes focused on the target.

Teach the following:

- Moving lay-up from both sides



## **DEFENSIVE STANCE & MOVEMENT GUARDING THE BALL**

The basic defensive stance is a low, wide, balanced stance with the head and eyes up. When guarding the ball, the defender should keep their head lower than the head of the person they are guarding. Feet should be shoulder width apart with weight evenly distributed. To move laterally the player should push off in the direction of movement. This step will now be from a wide stance into a wider stance (big to bigger) while pointing the toe of the lead foot in the direction of the slide. A low stance allows for quick change of direction. The defenders hands should be active and flicking upward at the ball

Teach the following:

- Stance on the player with the ball
- Lateral movement when the player you are guarding is dribbling the ball





## TEAM OFFENCE & DEFENCE

Team offence should be grounded on ball toughness, spacing, and sharing the ball. A basic offence to teach would be 5 out open post, pass and cut.

Team defence should be focused on getting back, recognition of which player you are guarding, how to guard that player based on ball location, being active and getting after rebounds and loose balls.

***"It's not what you teach, but what you emphasize"***

*- Don Meyer*

## **SUMMARY**

Coaches should be positive in their approach. Not all players will understand what you're asking straight away. It is a good idea to demonstrate the skill. If you can't demonstrate it – have someone who can come to the session.

Have players execute the skill during the drills, the more they do it the better they become at it – practice makes perfect. Players may get bored with the same drills. Challenge them with a variety of drills involving the same skill. It takes persistence and patience for players to transfer the skills learnt at training into a game.

Make your instruction at training clear and precise, without giving too many instructions at once. Give the instructions in a manner they can understand. The best learning takes place in a positive environment. Players will learn if they want to be there.



## **SECTION 3**

# **GAME STRATEGY**

### **WHAT HAPPENS IN A GAME?**

Some of the most commonly asked questions:

#### **Q. What do I say before a game starts?**

A. Let the players know which 5 players are starting on the court and who will start on the bench (in junior basketball it is advised to rotate your starters each game) and which direction they are going. Some simple instructions such as "lots of passing".

#### **Q. How and when do I make a substitution?**

A. It depends on local rules, but generally subs can be made on any foul, jump ball or your possession out of bounds. Just let the score bench (or official) know.

#### **Q. Who should sub out?**

A. At junior level, all players should play approximately equal time on the court. It may help to have a plan for substitutions done in advance. Do not worry about positions or height at this level – just let them play.

**Q. How do I call a "Time Out"?**

A. "Time outs" can be requested to the score bench (or official). "Time outs" are available on all whistles or your team's possession after a score.

**Q. What happens in a "Time Out"?**

A. Use the "Time Out" to give instruction and to reinforce teaching points of the skills. ALWAYS be positive during the "Time Out".

**Q. What if the players don't follow my instructions?**

A. Keep actively encouraging the players to carry out the skill as they have practiced. Persistence and patience is the key here! It's the process that is important not winning the game.

**Q. How do I approach game officials if I have a question about a call?**

A. At junior levels the majority of referees and officials are learning the game as well. Always ask questions and not make statements when questioning a call and remember that they are human and can make mistakes, just like your players. Stay level headed and unemotional.

## Helpful websites

[www.basketball.net.au](http://www.basketball.net.au)

[www.coachesclipboard.com](http://www.coachesclipboard.com)

[www.breakthroughbasketball.com](http://www.breakthroughbasketball.com)



# **SECTION 4**

## **TRAINING SESSIONS**

### **PLANNING**

Training sessions should be organised and planned. Thought needs to be given to long and short term objectives.

### **EQUIPMENT**

Have on hand the equipment you may need for the day's session. This may include basketballs, cones or court markers, whistle, reversible tops or bibs etc.

### **SESSION PLANS**

Have a plan of what will be covered at the session and the drills to be practiced with time allocated to each area (see training session example).

What is the objective of each drill and can you have the drill demonstrated sufficiently?

Sessions should include:

- Warm up and stretching
- Reinforcement of previously learnt skills
- Teaching of new skills
- Variation of drills
- Practical application where skills are transferred into game like situations

- Simulated game like drills to reinforce style of play i.e. Transition
- Some "fun" time
- Warm down and stretching
- General review of the session and team organisation details such as where and when the next game or session is to be held

Training sessions should be a positive learning experience. Give some thought to each player's individual needs, skill level and personality. Not all children will develop at the same rate. Encourage a good "team attitude" with the players helping and encouraging each other. At junior levels the major focus should be put towards developing skills.

***"If it doesn't bother you, it won't bother the players"***

*- Pat Summitt, Head Women's Coach University of Tennessee – all-time winningest coach in NCAA history (men or women).*

Coaches lay the foundation for not only a player's skill level but also for their love of the game. If you can create a fun environment that embraces learning under a cool head, your players will reflect that as they grow and develop into senior athletes.

Set a positive example by embracing the challenges with a calm demeanour and work through them with your other coaches and players. Basketball is a sport driven by its people so utilize the resources you have around you to help you learn and grow as a coach.





## TRAINING SESSION EXAMPLE

<b>DATE:</b>	01 Nov 18 SESSION 1		
<b>TIME:</b>	6:00PM - 7:00PM		
<b>VENUE:</b>	Belmont Oasis		
<b>TIME</b>	<b>DRILL</b>	<b>POINT OF EMPHASIS</b>	<b>DURATION</b>
6:00	Hand Clap	Concentration - listen to coach	3min
6:03	Dribble Knockout	Have fun, dribble on the move	7min
6:10	Drink Break	Rehydrate	1min
6:11	Lay-ups to shooting	Footwork and BEEF principles	9min
6:20	Golden Child	Having fun, shooting under pressure, running	10min
6:30	Drink Break	Rehydrate	1min
6:31	Stationary Passing	Chest, Bounce, Overhead	5min
6:36	Keep Away Game	Movement off the ball, passing, have fun	9min
6:45	Drink Break	Rehydrate	1min
6:46	Scrimmage	2v2, 3v3 - spacing working on fundamentals	10min
6:56	Free Throw	Shoot one each, shooting tired	2min
6:58	Review	Get feedback - what did we learn today	2min
<b>NOTE:</b>		Players should warm up, cool down and stretch	
<b>FOCUS POINTS:</b>		Developing group so keep it simple and keep it fun	

## TRAINING SESSION TEMPLATE

<b>DATE:</b>			
<b>TIME:</b>			
<b>VENUE:</b>			
<i>TIME</i>	<i>DRILL</i>	<i>POINT OF EMPHASIS</i>	<i>DURATION</i>
<b>NOTE:</b>			
<b>FOCUS POINTS:</b>			

\*\*Having a solid plan in place will not only help you to stay on track for your session but give you a road map if you happen to get lost in your sessions. Keep your session plans to review your progress and help you in future planning.

## **BASKETBALL TEACHING PROGRESSION (U10, U12 & U14)**

### **INTRODUCTORY JUNIOR BASKETBALL (U10)**

- Emphasis on teaching playing rules and the court markings, common terminology and having fun within a team environment:
  - Footwork and body movement
  - Change of direction and change of pace running
  - Starts and stops
  - Rip and ready (triple threat)
  - Pivots (forward & reverse)
  - Defensive stance & slide footwork
- Dribbling, ball handling (either hand and alternating hands) and ball toughness (from triple threat)
  - Basic ball handling and ball toughness drills
  - Stationary dribbling
  - Open court control dribble
  - Open court speed dribble
  - Crossover dribble
  - Change of speed with starts and stops keeping dribble alive



- Shooting
  - Standing lay up (dominant hand)
  - Shooting form (BEEF)
- Passing (from triple threat position)
  - Chest pass to standing target
  - Chest pass to moving target
  - Bounce pass to standing target
  - Bounce pass to moving target
  - Overhead pass to standing target
  - Overhead pass to moving target
  - Passing from the dribble
- Catching (triple threat after catch)
  - Catching the ball standing
  - Catching the ball moving with a v-cut or influence action
- Team
  - Offense (spacing, ball toughness, sharing the ball and have fun)
  - Defence (getting back and recognizing the player your guarding and how to guard the player with the ball, be active and get after rebounds and loose balls)

## **INTERMEDIATE JUNIOR BASKETBALL (U12/ U14)**

Emphasis on being fundamentally sound and “how and why”:

- Footwork and body movement
  - More of the same with emphasis on being quick, decisive and sound
- Dribbling, ball handling and ball toughness (from triple threat)
  - More of the same with emphasis on being quick, decisive and when to use dribble
  - Reverse dribble
  - Behind the back dribble
  - Between the legs dribble
  - Retreat dribble
  - Drive (penetration) dribble
  - Swing Dribble

- Shooting (from triple threat position)
  - Standing lay up (both hands)
  - Moving lay up (both hands)
  - Shooting form (BEEF)
  - Jump shot
  - Shooting from pass (catch & shoot)
  - Shooting from dribble
  - Shot fakes
  - Free throws
- Passing (from triple threat position)
  - More of the same with emphasis on being quick, decisive and sound as well as increased degree of difficulty (read the defence)
  - Overhead outlet pass after rebound
  - Push pass (both hands)
  - Pass fakes
- Catching (triple threat after catch)
  - Catching the ball moving from specific movement (full-court, basic lead, V-cut, basket cut)



- Individual Offense (without the ball and read the defence)
  - Interchange
  - Basket cut (shallow, deep & back)
  - Cut and replace
- Individual Defence (hands & feet)
  - Proper stance and action on the ball (out top, on the side, in the corner, dead ball)
  - Proper stance, position and action on pass form the ball
  - Proper stance, position and action two passes form the ball
  - Proper stance and action on recovery to perimeter (close out)
  - Proper stance and action on block-out
- Team Offense (how and why)
  - Spacing & floor balance
  - Movement without the ball
  - Sharing the ball and proper ball locations
  - Managing the possession and tempo
  - 5 out open post
  - Offence vs. press
  - Out of bounds

- Team Defence (be ready and talk)
  - Get back and point of pick up
  - Pressure and push outside and the baseline (no middle)
  - Positioning on and off ball
  - Help & recovery
  - Get the ball
  - Most dangerous to least dangerous principles

**"What you specifically teach is what your players will do best"**

*Dick Bennett, Head Basketball Coach Washington State University*

*Note: Coach Bennet is known throughout the basketball world as one of the game's best teachers.*

